



# WASHOE COUNTY SENIOR SERVICES



Living Well. Aging Well.

Grady Tarbutton, Director

## Our Aging State

Our nation, including Nevada, is going through the one of the greatest demographic changes of the new century. Almost all communities are getting older because of the aging of the “baby boom” generation, and Nevada is aging faster than most.

This is just the beginning. Nevada will continue to get older because this demographic shift is a permanent change, driven by improved health care, public health and social services which have made it possible for everyone to live longer, healthier and more active lives.

**Fig. P1: Nevada Adults Age 65 and Older, 1950-2030:  
Historic and Projected Population**

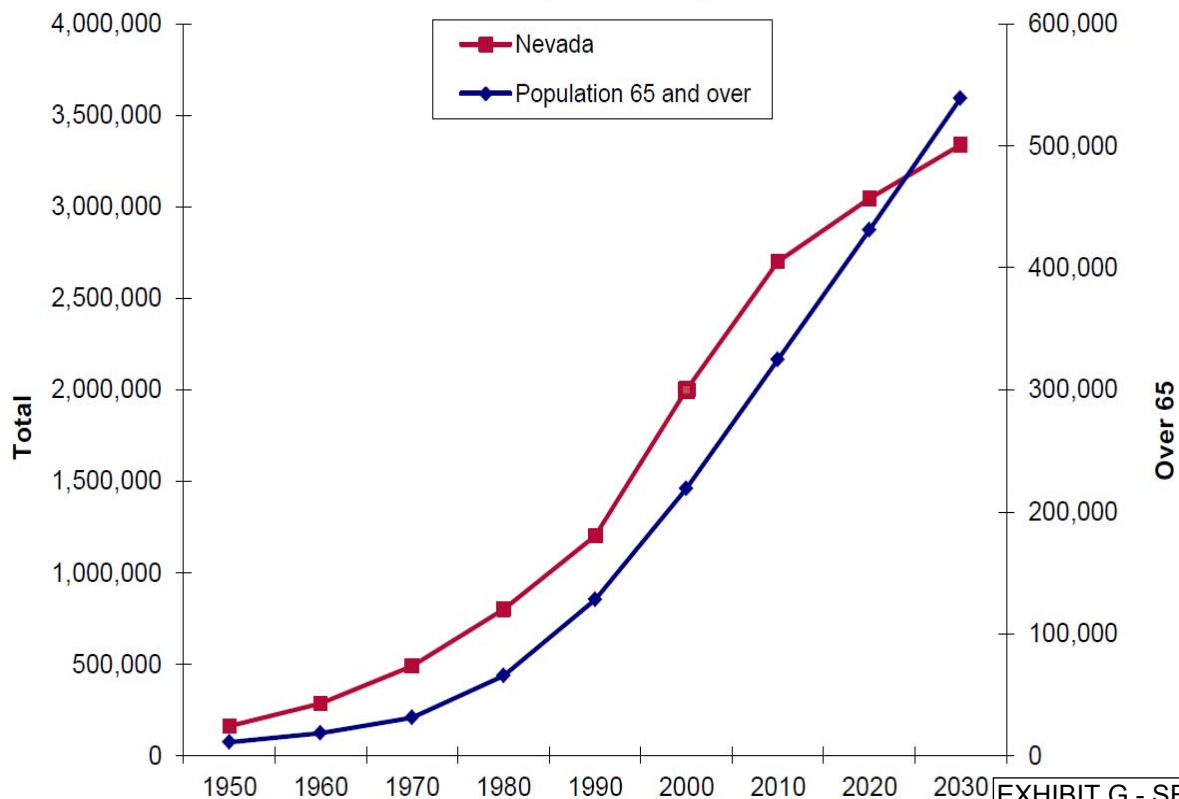
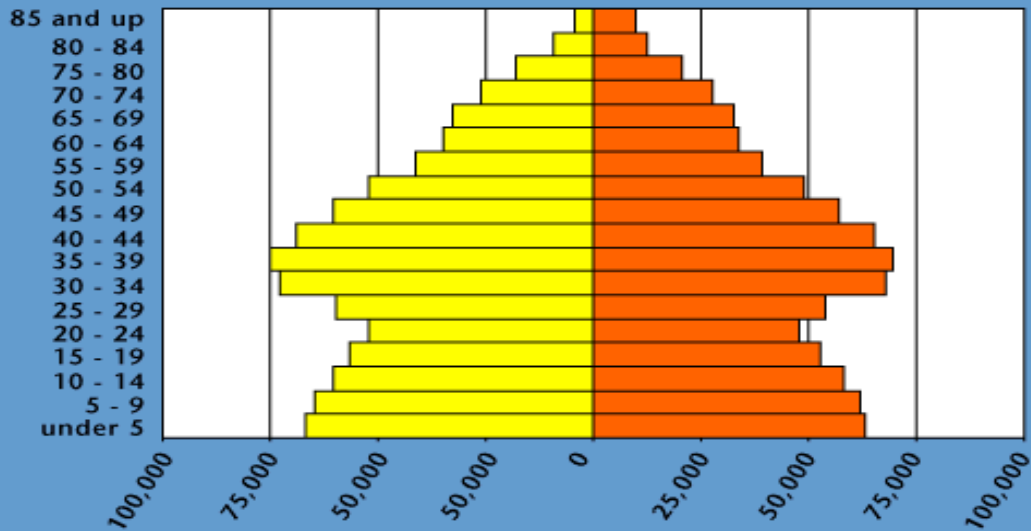


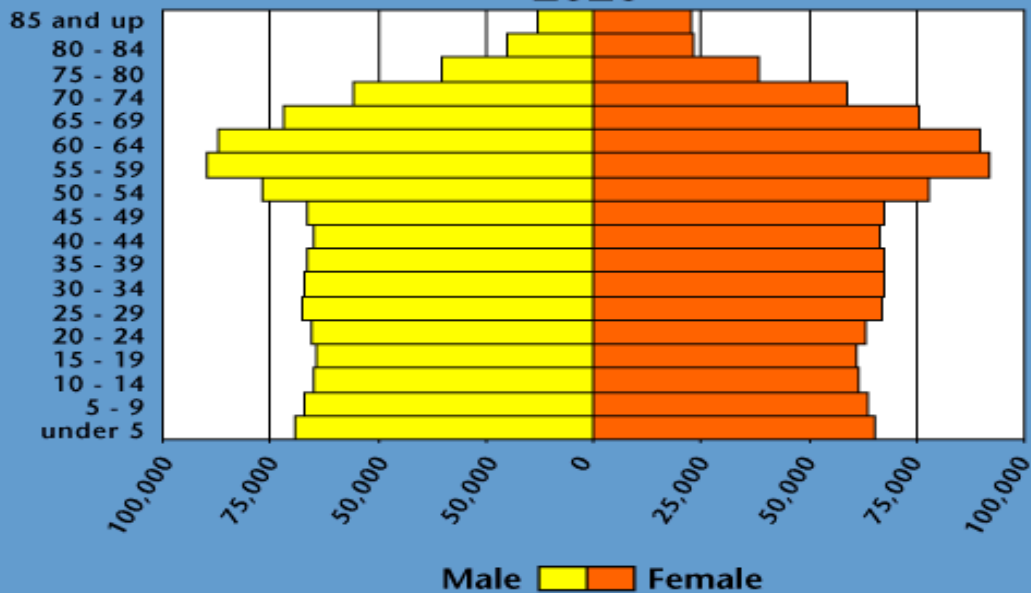
EXHIBIT G - SENIOR VETS SPECIAL  
Document consists of 8 pages.  
Entire exhibit provided.  
Meeting Date: 01-15-14

# Nevada

1997



2020



Source: U.S. Bureau of the Census

## Percentage change persons 65+, 2000 – 2010 <sup>ii</sup>

- **Nevada: 48%**
- Rural counties: Mineral.: 1.9% to Lincoln Co.: 99.9%
- Urban counties: Carson City.: 21% to Washoe Co.: 50.7%

## Nevada Median Age 2011:

- **Nevada: 36.1 yrs.**
- Rural counties: Elko Co.: 33.6 yrs. to Esmeralda Co: 59 yrs.
- Urban: Clark Co.: 35.3 yrs. to Carson City: 41.8 yrs.

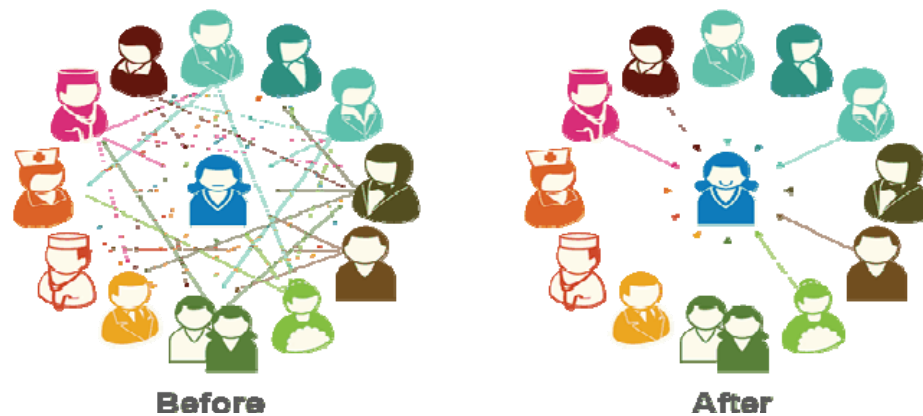
## The Role of Senior Centers

In the past, senior centers have been a place primarily for recreation and social activities. But with the rapid growth of the senior population, which will continue through 2050, their focus has increasingly turned to the most vulnerable and the provision of long term services and supports that help people stay independent.

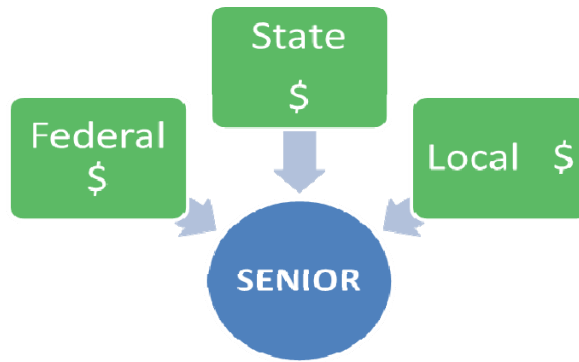
Nationally there are 11,400 senior centers serve more than 1 million older adults every day. There are 68 in Nevada, which perform a wide variety of roles. The following are roles that many play, according to the National Council on Aging, National Institute of Senior Centers<sup>iii</sup>:

- Senior centers serve as a gateway to the nation's aging network—connecting older adults to vital community services that can help them stay healthy and independent.
- Most are designated focal points for delivery of Older Americans Act services—allowing older adults to access multiple services in one place.
- Senior centers offer a wide variety of programs and services, including:
  - \* Meal and nutrition programs
  - \* Information and assistance
  - \* Health, fitness, and wellness programs
  - \* Transportation services
  - \* Public benefits counseling
  - \* Employment assistance
  - \* Volunteer and civic engagement opportunities
  - \* Social and recreational activities
  - \* Educational and arts programs
  - \* Intergenerational programs

The support that senior centers provide helps coordinate all the resources that seniors need to remain independent. Without this support, the complex array of services can be confusing for seniors and the families that support them.

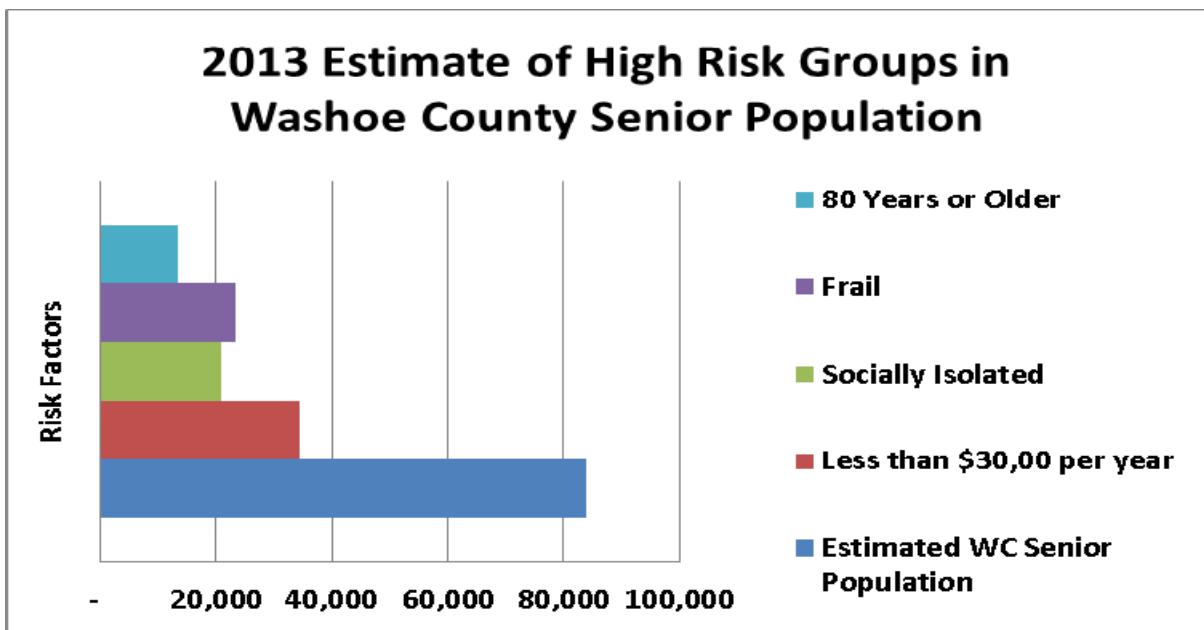


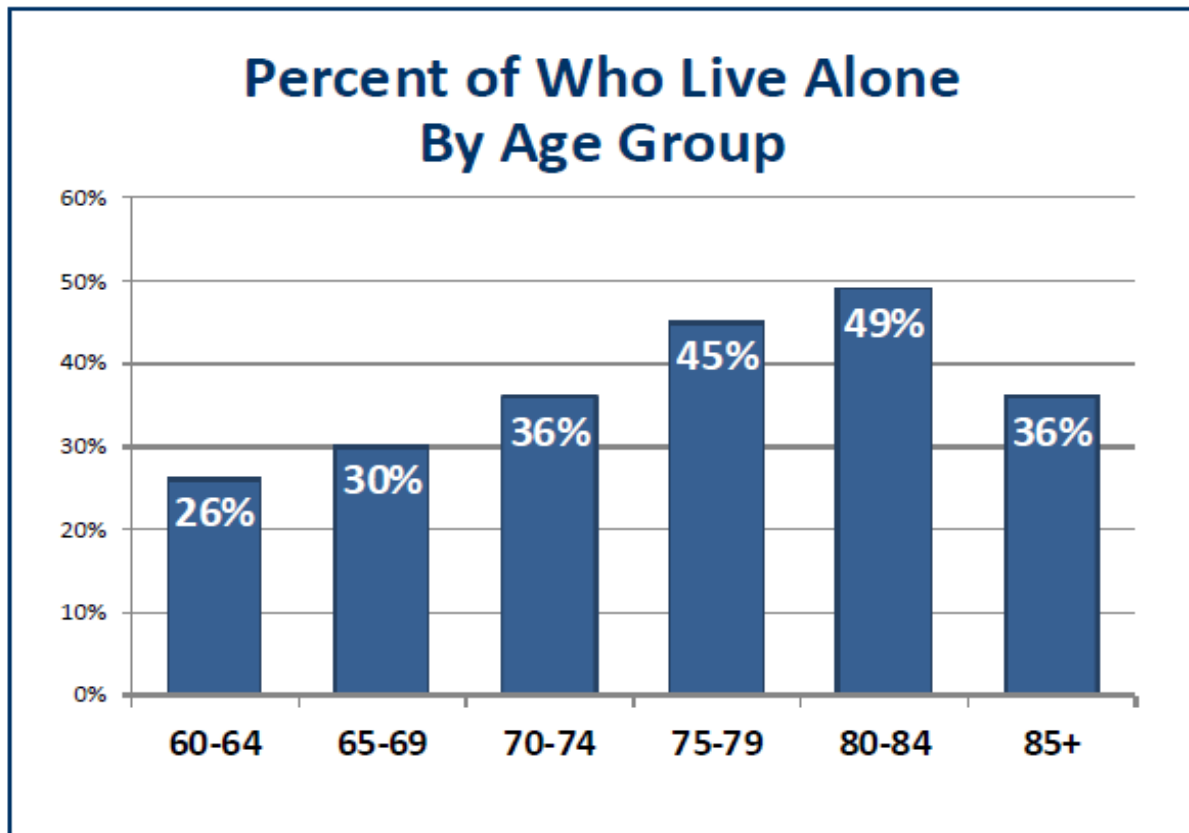
- To maintain operations, senior centers must leverage resources from a variety of sources. These include federal, state, and local governments; special events; public and private grants; businesses; bequests; participant contributions; in-kind donations; and volunteer hours. Most centers rely on 3 to 8 different funding sources.



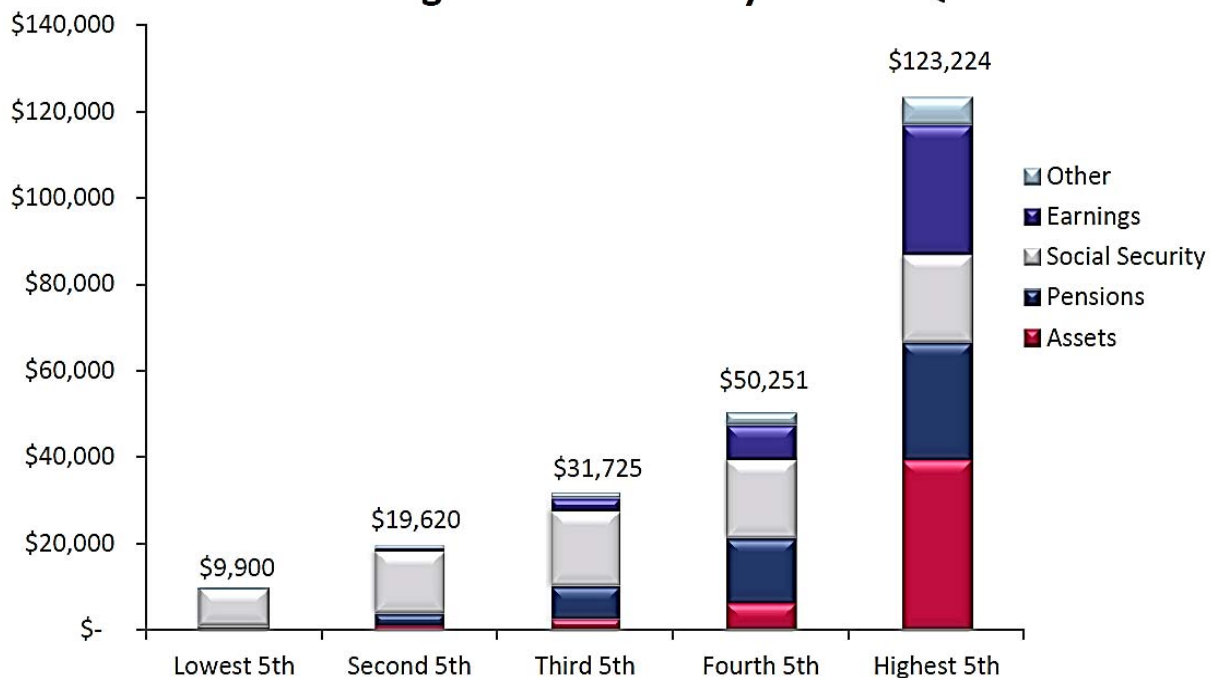
## Increasing Numbers of Vulnerable Seniors

As we look to the future, we see an even more significant role as the number of seniors that need assistance increases. The following charts come from the Washoe County Senior Services *Master Plan for Aging Services* random sample survey conducted in September 2013.<sup>iv</sup>





**Fig. E6: Sources of Income for Nevada Households with Householders Age 65 and Older by Income Quintile**



There are several trends, in addition to population growth that are emerging that will affect the future of senior centers:

- 1) The transition of residents in long term institutional care and earlier hospital discharges to community based and in-home care has placed higher risk and sicker people in communities.
- 2) Funding for senior centers has not grown in inflation adjusted dollars, so the social activities have become less a priority and services such as home delivered meals, congregate meals, transportation and information and referral have become the core services.

Consequently, senior centers role as the focal point for access to services becomes more critical.

- 77% of Washoe County seniors know about WC Senior Services<sup>vi</sup>
- First point of contact for seniors, families, caregivers
- Resources to meet basic needs – nutrition, emergency assistance, transportation; help with housing & public benefits. <sup>vii</sup>

### **Senior Centers' Emerging Role**

The role of senior centers will continue to expand in the future, and they have a greater role in Nevada than in most states.

### **Providing leadership**

In most communities, there are no other agencies positioned to provide the local leadership to prepare for an aging society.

All of our institutions and business are being impacted today. Senior centers experience and knowledge places them at the center of local discussions about how we respond.

### **Planning**

If we are to be prepared, we must plan on how our communities respond. Senior centers are well positioned to participate and in many cases lead this local discussion.

The issues that have been identified by the Washoe County Senior Services *Master Plan for Aging Services* are likely to be common in communities around the state. Local plans can be developed to address each of these issues:

- Transportation
- Information, Access and Assistance
- Home and Community-based Services/Health
- Civic Engagement
- Food Insecurity

The emerging models, which are in practice in many communities nation-wide, can provide us with a road map on the future role of senior centers and senior services agencies.

## **SENIOR CENTERS**

<b>Role</b>	<b>Services</b>	<b>Goals</b>
<ul style="list-style-type: none"> <li>• Community focal points</li> <li>• Co-located and integrated Services</li> <li>• Leads effective partnerships and county wide planning</li> <li>• Advocate for seniors and vulnerable adults</li> </ul>	<ul style="list-style-type: none"> <li>• Congregate and home delivered meals</li> <li>• Public education and outreach events</li> <li>• Activities, socialization, health/wellness and prevention programs</li> <li>• Civic engagement</li> </ul>	<ul style="list-style-type: none"> <li>• Neighborhood based services</li> <li>• Modern facilities</li> <li>• Service integration</li> <li>• Strong partnerships</li> <li>• Resources for seniors, families and communities</li> </ul>

## **AGING AND DISABILITY RESOURCE CENTERS**

<b>Role</b>	<b>Services</b>	<b>Goals</b>
<ul style="list-style-type: none"> <li>• First point of contact for information/public benefits</li> <li>• Access to services and advocacy</li> <li>• Screening and early intervention</li> <li>• Outreach to underserved and at-risk</li> </ul>	<ul style="list-style-type: none"> <li>• Information, assistance and advocacy</li> <li>• Options and choice counseling</li> <li>• Screening for public benefits</li> <li>• Detailed information on services</li> </ul>	<ul style="list-style-type: none"> <li>• Integrate screening/access to services</li> <li>• Co-locate with many partners</li> <li>• Increase information accessible to constituents</li> </ul>

## **LONG TERM SERVICES AND SUPPORTS**

<b>Role</b>	<b>Services</b>	<b>Goals</b>
<ul style="list-style-type: none"> <li>• Consultation on complex financial, medical, social and mental health issues</li> <li>• Program eligibility</li> <li>• Care coordination</li> <li>• Support families and caregivers</li> <li>• Community based network</li> </ul>	<ul style="list-style-type: none"> <li>• Short and long term case management</li> <li>• Needs assessment</li> <li>• Care plans and care monitoring</li> <li>• Eligibility</li> <li>• In-home care</li> </ul>	<ul style="list-style-type: none"> <li>• Multi-disciplinary care plans responding to increasingly complex needs</li> <li>• Improve early identification and intervention of at-risk</li> <li>• Community based care as a nursing home alternative</li> </ul>

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<sup>i</sup> University of Nevada-Reno Sanford Center for Aging *EldersCount Nevada: 2013*,  
[www.unr.edu/sanford/documents/EldersCount2013.pdf](http://www.unr.edu/sanford/documents/EldersCount2013.pdf)

<sup>ii</sup> Op. cit., *EldersCount Nevada: 2013*

<sup>iii</sup> [www.ncoa.org/press-room/fact-sheets/senior-centers-fact-sheet.html](http://www.ncoa.org/press-room/fact-sheets/senior-centers-fact-sheet.html)

<sup>iv</sup> Op. cit., *Master Plan for Aging Services*

<sup>v</sup> Op. cit., *EldersCount Nevada, 2013*

<sup>vi</sup> Washoe County Senior Services *Master Plan for Aging Services* 600 person random sample survey;  
[www.washoecounty.us/seniorsrv/MP/MasterPlan.htm](http://www.washoecounty.us/seniorsrv/MP/MasterPlan.htm)